

REGISTRATION AND CONTACT INFORMATION:

Name: _____

Membership No: _____

Address: _____

City: _____ Postal Code: _____

Telephone: _____ Fax: _____

Email: _____

Payment Information (check one):

Cheque enclosed • Visa • MasterCard

Card Number: _____

Expiry: _____ Amount Authorized: \$ _____

Card Holders Signature: _____

Please select 2 out of the 3 of the following:

- Mindfulness
- Restoration/Relaxation/Yoga
- Writing/Sharing Session

Dietary Restrictions: _____

Please send completed Registration Form to:
Attention: Tanya Terzis
Ontario College of Family Physicians
340 Richmond St. West, Toronto, M5V1X2
Tel: 416 867-9646 ext 20
Fax: 416-867-9990
tanya@cfpc.ca

REGISTRATION DEADLINE IS OCTOBER 16TH, 2009

REGISTRATION FEE: \$200 (Includes all Meals)

payment must accompany this registration

AGENDA

8:30 – 9:00 am Registration and Continental Breakfast

9:00 – 10:00 am WELCOME/15 MINUTE BEGINNINGS
with Dr. Melissa Melnitzer

10:00 – 10:15 am Break

10:15 – 11:45 am BREAKOUT SESSIONS: CYCLE 1
Participants to choose 1 out of 3

1. MINDFULNESS
with Dr. Heidi Walk
2. RESTORATION/RELAXATION/
YOGA
with Tiina Veer, RMT
3. WRITING/SHARING SESSION
with Dr. Melissa Melnitzer

11:45 – 12:30 pm Lunch

12:30 – 2:00 pm BREAKOUT SESSIONS: CYCLE 2
Participants to choose 1 out of 3

4. MINDFULNESS
with Dr. Heidi Walk
5. RESTORATION/RELAXATION/
YOGA
with Tiina Veer, RMT
6. WRITING/SHARING SESSION
with Dr. Melissa Melnitzer

2:00 - 2:30 pm WRAP UP

This program meets the accreditation criteria of the College of Family Physicians of Canada and has been accredited for up to 4.0 Mainpro M1 credits.

BREAKOUT SESSIONS

Mindfulness - Based Stress Reduction

This experiential workshop provides an opportunity to “get off the treadmill” and rediscover our internal resources through mindfulness. After a brief introduction on mindfulness, we will learn specific mindful practices such as a Body Scan and mindful breathing that can assist in stress reduction. Time permitted, we will do a guided visualization technique involving the use of imagination as another tool to manage the stress of our busy lives.

Restoration/Relaxation/Yoga

In this workshop, you will learn simple techniques inspired by the yoga tradition to counterpoise stress and depletion. Learn to self-soothe, pacify your nervous system, relax, and unwind muscle tension. We will move gently through guided relaxation, reclining restorative yoga positions, and easy breathing exercises that together become a long guided meditation. Time-permitting, we can explore a simple self-massage technique that can be employed at home or work for muscle tension and trigger point relief. You can simply enjoy the relaxation of the workshop, or also use it to inspire a regular restoration practice.

Relief through Writing - a writing/sharing session

This workshop provides a safe opportunity to free some of the inevitable emotional tension built up through our caring profession in a creative way. It further allows for sharing among participants in a way many physicians seem to crave, but often tend to miss out on in day to day practice. You will have the experience of a 30 minute period to write regarding a hard spot in your experience practicing medicine, and in the next hour for some to share their writing and for all to participate in the discussion that ensues from that sharing. This can be a one-off exploration of the healing value of this format or can also potentially inspire peer-supported initiatives that could stem from it.



A Physician Wellness Retreat is a one day event developed in response to the input of seventy-eight family physicians who participated in the original one hour workshop when it was presented across the province in April 2009. Feedback was extremely positive for the one hour session, and participants overwhelmingly asked for more. OCFP is now offering a retreat that goes beyond the initial workshop and beyond a “day to relax” to a dedicated day to begin to experience new ideas and practices that you can choose from to take back into your daily life and work. This takes place in a country spa resort setting so that if you wish you can round out your stay with spa treatments, local walks, and so on as you wish.

Workshops include the original one hour session followed by choices of 2 out of 3 breakout sessions including Mindfulness-Based Stress Reduction, Deep Restoration, and a Peer Support through writing example experience. Research shows repeatedly that many physicians are highly stressed, and that better self-care makes for better patient care--and so this program offers you practical educational time that is full of potential benefits not only to you but also to the people you care for in your practice.



For further information please contact:
 Ontario College of Family Physicians
 340 Richmond Street West Toronto ON M5V 1X2
 Telephone: 416-867-9646
 Facsimile: 416-867-9990
 Email: ocfp@cfpc.ca
www.ocfp.on.ca

15 MINUTE BEGINNINGS: A PHYSICIAN WELLNESS RETREAT

SATURDAY OCTOBER 24, 2009



LANGDON HALL
 Country House Hotel & Spa

1 LANGDON DRIVE
 CAMBRIDGE ONTARIO
 N3H 4R8
 (519) 740-2100
www.langdonhall.ca

